Good News for Homemakers

Cutting budgets

By SHIRLEY W. WALTON
Extension Agent

When unemployment, extra burdens on the pocketbook with Christmas giving and other type money situations force you to make do with less money, you may have to cut cost in the family food budget. You can reevaluate a food budget just as you would a wardrobe or entertainment budget. Extras — those foods you buy but really don't need -can be eliminated when the food budget has to be cut back.

First, let's come up with a game plan. Decide how much you can afford to spend for food for the week. Inventory the food and supplies already in the house. Read the supermarket ads and learn to shop for quality, variety, competitive prices and nearby. Many times we waste money driving to a nearby city or town when we could shop more economically right at our own doorstep.

Write a weekly menu based on advertised store specials and let that menu be the guide for your shopping list. Many people will follow the shopping list and not pick up other extras. This, too, can help you save some money.

It will also be important to use any leftovers. Turn these into planned-overs that appeal to the family and that can provide nutrition for the family diet.

The menus that you devise should be based on sound nutritional needs and include foods from the daily food guide: 4 servings of fruits and vegetables, 4 servings of enriched or whole grain breads or other cereals, 2 to 4 servings of milk or cheese products, and 2 servings of meat," fish, poultry, or beans.

Fats, sweets, alcohol and soft drinks are the items that provide carlories but few nutrients and could be eliminated or at least strictly limited in the diet.

At the supermarket avoid impulse buying. Buy only the foods on your list. To make that possible, never go food shopping on an empty stomach.

Keeping tack of specials, planning menus, making lists and shopping carefully all take time. But if you have to cut cost because of family budget problems, you should consider it time well spent. You, also, can use coupons for items that are on the shopping list. Never let coupons lead you on a merry chase in the supermarket and add to the cost of your week's groceries.

Substitutes can save you money. Whenever possible, but a generic rather than brand name foods. Use margarine instead of butter. Dry milk can be used for both cooking and drinking, but if the taste bothers you, mix with whole milk and still reduce the family budget. (I know a homemaker who has several children who drink gallons and gallons of milk. Little do those children know that they drink half dry milk reconstituted and half whole milk.) This can save a considerable amount of money over a year's time.

Examine your cooking techniques, too. If you are used to buying expensive meats because you like tenderness, learn how to moist cook less expensive cuts that can still be very tasty and tender. Most of us still get too much protein. People can greatly reduce the amount of meat they eat without suffering nutritionally.

Eating out can be a large expense in any food budget and one that can usually be avoided if you have to cut costs. All of us enjoy eating out. When eating out you can save money by drinking water instead of coffee or tea or soft drink. You also can save by maybe having your dessert after you get home.

For more information on ways to cut food costs while providing healthy meals for your family, you may call 382-8244 or write P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

Warning For Using Of Microwave Ovens

If you warm a baby's bottle in a microwave oven, you must test the formula on the inside of your wrist. There have been reported instances of babies being badly burned because the bottle contents were not tested for temperature.

When a bottle is placed in the microwave, the contents get hot, but the bottle does not. Therefore, a small baby's mouth and upper intestinal tract can be badly burned.

RECIPE OF THE WEEK

Spoon Rolls

1 package dry yeast
2 cups lukewarm water
4 cups self-rising flour
3 tablespoons sugar
¾ cup melted shortening
1 egg

Dissolve yeast in lukewarm water. Mix all other ingredients in large bowl; add yeast and water and mix well. Store, covered with a cloth, in refrigerator. Use as desired (right away or keep up to 5 days).

Spoon batter into well greased muffin tins (about ⅓ full). Bake at 425° for 20 minutes. Makes 24 large muffins or rolls.

Thanks go to Mrs. Frances P. Harvey for sharing this delicious recipe with us.

Canaan Baptist

Regular worship services will be held at the Canaan Baptist Church Sunday, January 8 at 11:30 The Rev. C.L. Elliott will be in charge.

The Senior Choir will render the music.

We pray for the sick and shut-in.

Have a Happy New Year.

WATER DAMAGE SALE!

50% OFF

Due to recent water problems in our store, a selected group of merchandise has been reduced to 50% OFF.

ALL SALES FINAL!

NEW WINTER HOURS
10-6 Mon. thru Sat.

STEPHEN'S FASHIONS

Triangle Plaza Shopping Center
APPOMATTOX, VA.

Times-Virginian

SOCIAL

Local family reunites for Christmas holiday

Mr. and Mrs. James Maxwell were guests during the Christmas weekend in the home of their son, James Cook, of Montpelier. Also visiting in the Cook home were Mr. and Mrs. Don Michener and daughter, Debbie, of California. Mrs. Michener is a sister of Cook and the daughter of Maxwell. Mrs. Michener (Roberta) had not seen her family for 30½ years. Mr. and Mrs. Michener and daughter returned to Appomattox with her parents. They visited the local area, Lynchburg and drove to Bedford to see the Christmas lights at the Elks Home. They also visited Mrs. Michener's sister, Patricia Light of Madison Heights. Mr. Michener has returned to his home in California and Mrs. Michener and daughter, Debbie, remained for a longer visit.

The thrill of gardening

Most gardening enthusiasts can remember their early delight at sticking a bit of plant...just a stem with a few leaves...in the soil and having it root and grow.

It is amazing that a whole new plant, given the right conditions, can be produced from so little. Even more amazing is the method by which entire new plants can be produced from just a few cells or tiny pieces of plant tissue.

This is a propogation by the plant tissue culture technique. It has become vitally important in studying a wide range of fundamental and applied problems in plant research and industry. The applications range from genetic manipulation of plants to rapid production of large numbers of new varities of plants thast do not come about from seed.

In traditional methods of plant propogation, an entire stem, root or leaf of the plant is required to produce a new start, usually limiting the number of new plants from each parent to between 10 and 20 at a time.

With tissue culture techniques, hundreds or even thousands of new plants can be started at one time from each parent plant. This means the new variety can be made available to the industry much faster and at much less cost than with traditional methods.

Although the technical prodecures used by scientists are fairly complex and require sophisticated equipment, a very simplified prodecure can be followed at home for those interested in the more advanced elements of plant culture.

The simplified home procedure can be used to propagate various species of plants which are easy to work with, such as African violet, coleus, and chrysanthemum, but it is effective for more difficult plants, such as orchids, ferms and ferms and weeping figs.

The plants need a sterile medium on which to grow. This medium contains all the nutrients and hormones the cells require to live and develop into leaves, shoots, and roots of a new plant.

This can be made from materials available at garden centers, grocery stores or health food stores. It includes sugar, a soluble fertilizer containing all the major and minor elements, a vitamin tablet, coconut milk, 0.1 percent IBA (a plant hormone sold as a rooting compound), and distilled water.

When the medium is completely dissolved it is put into bay food jars, along with cotton or paper to support the plants. The containers are then sterilized in a pressure cooker or oven and held unti time to use.

Small, actively growing tips of the plants are used for the fastest results. These are treated in a solution of one part bleach to nine parts water to kill surface bacteria.

After proper preparation, with all work done with sterile equipment and clean hands, the plant tissue is placed in the medium. The "planted" jars then are placed in bright light, but not directly in the sun, until young plants develop and can be transplanted into soil.

It's not as easy as fixing dinner, but I have some pickle relish recipes that are more difficult to follow.

For more details on home tissue culture procedures, write to the Virginia Gardener, Deparimnt of Horticulture, Virginia Tech, Blacksburg, VA m 24061 and request publication 426-385, Plant Tissue Culture for the Homeowner.

Letter

Family roots are sought

Editor

Dr. Malcolm Harris, a noted genealogist and author, and I are attempting to learn more about the Harris family of Buckingham County. Since the court house burned, we're going to have to share all our family records to figure their relationship to each other and to us.

We especially want information about the period from the 1700s up to 1850. Bibles and tombstones, letters and other things give us valuable information. Do not send your documents. Just write and tell us what you have and the names and dates on any documents.

If there is something you want from us and we have it, we will gladly share it with you. Write to me at: Eleanor Harris MacRae, 608 Surfside Ave., Virginia Beach, Va. 23451.

Col. John Harris, born in 1742 and died on Nov. 23, 1824, was my ancestor. His wife, Mary, was born in 1750 and died on April 8, 1833. Their children, from our records, appear to have been the Rev. William Harris, the Rev. Mace Harris and a daughter, who married a Mr. Smith. More on them would be appreciated.

Sincerely,
Eleanor Harris MacRae
Virginia Beach

Deaner, Smith to marry

Mr. and Mrs. Kenneth M. Deaner of Appomattox proudly announce the engagement of their daughter, Dawn Melanie, to Rodney Lee Smith, the son of Mrs. Lorene Rickman, of Lynchburg, and the late William H. Smith.

Miss Deaner is a 1981 graduate of Appomattox County High School and is presently attending Lynchburg General Marshall Lodge Hospital School of Nursing.

Mr. Smith attended Rustburg High School and is employed by Cecil Harold Allen Jr. Construction Company in Forest.

No date has been set for the wedding.

Dawn Melanie Deaner and Rodney Lee Smith

Mr. and Mrs. Harry Wilson Guill

Guills are honored

Mr. and Mrs. Harry Wilson Guill were honored recently with an Open House at their home on Court Street in celebration of their 50th wedding anniversary.

Hosting the occasion were their son-in-law and daughter, Mr. and Mrs. Warren Scruggs of Lynchburg; their sons and daughters-in-law, Mr. and Mrs. Ottoway Guill, Mr. and Mrs. Carlton Guill, Mr. and Mrs. Freddie Guill and Mr. and Mrs. Richard Guill, all of Appomattox.

Mr. and Mrs. Guill were married Dec. 9, 1983 in Rustburg. They have nine grandchildren and four great-grandchildren.

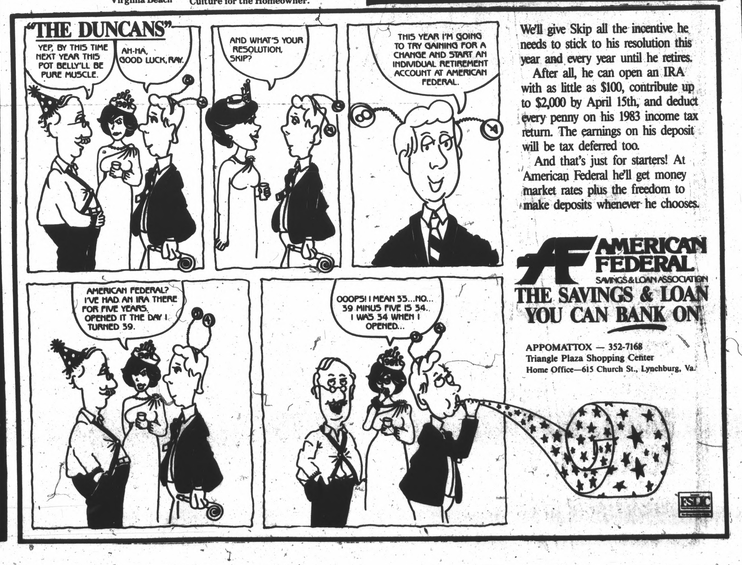
"NEW LOCATION"

Lum's Restaurant

Lum's Restaurant Is Now Located In The Former Corner Restaurant Next To Appomattox Hdwe. On Church Street

OPEN 7 DAYS A WEEK
6 A.M. to 8 P.M.

"Come By For A Delicious Meal"



We'll give Skip all the incentive he needs to stick to his resolution this year and every year until he retires.

After all, he can open an IRA with as little as $100, contribute up to $2,000 by April 15th, and deduct every penny on his 1983 income tax return. The earnings on his deposit will be tax deferred too.

And that's just for starters! At American Federal he'll get money market rates plus the freedom to make deposits whenever he chooses.

AMERICAN FEDERAL
SAVINGS & LOAN ASSOCIATION
THE SAVINGS & LOAN YOU CAN BANK ON

APPOMATTOX — 352-7168
Triangle Plaza Shopping Center
Home Office—615 Church St., Lynchburg, Va.

Wilbun's SUPERMARKET

720 CONFEDERATE BOULEVARD
• QUANTITY RIGHTS RESERVED • WE ARE NOT RESPONSIBLE FOR TYPO. ERRORS. • PRICES GOOD: JAN. 2-7, 1984.

TENDER AGED BEEF
Steak Cut ROUND STEAK U.S.D.A. CHOICE TENDER AGED LB. $1.79
BONELESS Uniform Tied ROAST U.S.D.A. CHOICE TENDER AGED LB. $1.99
BEEF Cubed STEAK U.S.D.A. CHOICE TENDER AGED LB. $2.19
GWALTNEY MEAT FRANKS 12-OZ. PKG. 99¢
Fresh! TASTY...PIG FEET POUND 39¢
SWIFT'S PREMIUM CANNED HAM 3-LB. CAN $5.99
CENTER CUT SMOKED...PORK CHOPS POUND $1.89
3 BREASTS, 3 THIGHS, 3 DRUMSTICKS CHICKEN Family Pack! LB. 69¢
OLDE TOWNE SLICED BACON 1-LB. PKG. 99¢
PERDUE CHICKEN FRANKS 1-LB. PKG. 99¢
PORK CHITTERLINGS 10-LB. PAIL $5.99

You can support Special Olympics even more!
For each coupon you redeem in our store by January 21, 1984 Procter & Gamble will contribute 10¢ to Special Olympics.

LEMON-LIME or ORANGE SQUINCHER 67-OZ. BOT. 69¢
ECON SALTINES 1-LB. PKG. 49¢
PILLSBURY SUPREME READY-TO-SPREAD FROSTING 14½-OZ. CAN $1.09
PILLSBURY All Purpose, Unbleached or Self-Rising FLOUR 5-LB. BAG 79¢
PILLSBURY REG. or B'MILK COMPLETE PANCAKE MIX 2-LB. PKG. 99¢
RICH GRAIN BREAD 24-OZ. LOAF 89¢
RICHFOOD MACARONI & CHEESE 7¼-OZ. PKG. 4 FOR 89¢
DEL MONTE TOMATO CATSUP 32-OZ. BOT. 99¢
Star-Kist CHUNK LIGHT STAR-KIST TUNA WATER or OIL 6½-OZ. CAN 69¢
DEL MONTE Sale! • CUT or FRENCH STYLE GREEN BEANS • WHOLE or CREAM STYLE CORN • EARLY GARDEN SWEET PEAS 16-17-OZ. CANS 2 FOR $1.00
6-OZ. CAN BUSH'S BEANS CHILI, HOT, NAVY OR NORTHERN PINTO 3 FOR $1.00
BUSH'S BEST Pinto Beans
PILLSBURY PLUS CAKE MIXES ALL VARY 14½-17½ OZ. PKG. 59¢
RICHFOOD APPLE JUICE 64-OZ. BOT. 99¢
Pillsbury Plus Cake Mix
BUSH'S SHOWBOAT PORK and BEANS 16-OZ. CAN 3 FOR $1.00
CAMPBELL'S CHUNKY NEW ENGLAND Clam CHOWDER 15-OZ. CAN 79¢
CAMPBELL'S Homestyle BEEF Noodle SOUP 10¾-OZ. CAN 49¢
CAMPBELL'S Homestyle CHICKEN Noodle SOUP 10¾-OZ. CAN 39¢
6 SLICES...BORDEN'S CHEEZ TWIN 12-OZ. PKG. 99¢
BUNKER HILL FROZEN 8 PK. BEEF PATTIES 24-OZ. PKG. $1.79
MINUTE MAID ORANGE JUICE 2 6-OZ. CANS $1.09
ALL VARIETIES...FREEZER QUEEN BUFFET SUPPERS 21-23-OZ. PKG. $1.79
RICHFOOD 2 PK. PIE SHELLS 2 10-OZ. PKGS. $1.00
RICHFOOD WHIPPED TOPPING 2 8-OZ. CONTS. $1.00
5 VARIETIES...WEAVER CHICKEN RONDELETS PKG. $2.39
TROPICANA GOLD N' PURE ORANGE JUICE ½ GAL. CTN. 99¢
MERICO BUMPER-ME-NOT BISCUITS 9½-OZ. CAN 39¢
IMPERIAL "LIGHT SPREAD" MARGARINE Save 30¢! 48-OZ. BOWL $1.89
U.S. GRADE 'A' MEDIUM EGGS DOZ. 99¢
WHITE/ASS'T. BATH TISSUE CHARMIN 4 PK. 99¢
49-OZ. PKG... DETERGENT BOLD 3 $1.99
22-OZ. BOT... DISH LIQUID DAWN $1.09
29-OZ. BOT... LIQUID CLEANER MR. CLEAN $1.69
5½-OZ. BATH SOAP ZEST BAR 49¢
17½ OZ. PKG. FACIAL TISSUES PUFFS 79¢
FOLGER'S INSTANT COFFEE CRYSTALS 8-OZ. JAR $3.39
REG. or UNSCENTED ROLL-ON DEODORANT SECRET 1.25-OZ. PKG. $1.59
REG. or UNSCENTED SOLID DEODORANT SECRET 2-OZ. PKG. $1.99
MINT, REG. or GEL TOOTHPASTE CREST 6.4-OZ. TUBE $1.49
NORMAL/OILY SHAMPOO LIQUID 7-OZ. • COND. 3-OZ. PRELL $1.39
NORMAL/DRY SHAMPOO LIQUID 7-OZ. • COND. 3-OZ. PRELL $1.39
WESTERN RED Delicious APPLES LB. 39¢
JUICY...ANJOU PEARS LB. 39¢
WEIGHT WATCHERS' BREAD 16-OZ. LOAF 99¢
BUNKER HILL HOT DOG SAUCE 2 10½-OZ. CANS 89¢
CHUCK HOTEL SPECIAL COFFEE & CHICORY 13-OZ. BAG $1.99
CHUCK RED BAG COFFEE LB. BAG $1.89
REG. or BUTTER-FLAVOR CRISCO SHORTENING 3-LB. CAN $2.59
AIR FRESHENER RENUZIT 7-OZ. PKG. 89¢
DEL MONTE ASST. 4 PK. PUDDING CUPS 20-OZ. PKG. 99¢
HELLMANN'S MAYONNAISE QT. JAR $1.49
TOILET BOWL CLEANER DEPENDO 12-OZ. PKG. 89¢
ALL FLAVORS...FRUIT PUNCH HAWAIIAN PUNCH 3 PACK 69¢
New! LARGE SIZE...STEAK SAUCE A-1 15-OZ. BOT. $2.29
Morton dinner
ASSORTED MORTON DINNERS 11-OZ. PKG. 79¢
BUMBLE BEE PINK SALMON 15½-OZ. CAN $1.89
BUMBLE BEE PINK SALMON
BUSH'S SHOWBOAT SPAGHETTI 3 14-OZ. CANS $1.00
GOLDEN RIPE BANANAS Fresh! LB. 4 FOR $1.00
TROPICANA 100% Pure ORANGE JUICE with GRAPEFRUIT JUICE 64-OZ. JAR $1.29
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